

# Escuela Pines School

8 Page Avenue, Red Deer, Alberta, T4P 2T2

Phone: 403-342-4434 \* Fax: 403342-4417

Website: <http://pines.rdpd.ab.ca/>



February 1st, 2017

## From the Principal's Desk



A big thank you to  
**Pizza Paradise &  
Lee Covey**  
for Sponsoring  
Escuela Pines Grade 3  
Pizza Party



Please don't forget to submit  
your design for our school logo  
contest!!!

Submission date line : February 28th, 2017

Anie Wells  
Principal,  
Escuela Pines School.

## Before & After School Arrangements.

It is primordial that times be respected. Supervision before school begins at 8:23 am. **Students should not be dropped off at the school before that time for their own safety. Children must also be picked up on time after school as the staff and office are still in working hours.** If you are unable to pick up your child on time, please make arrangements with another parent, or you may want to consider the **Red Deer Child Care Before and After School program** for your convenience. Their phone number is 403-347-7973.

Thank you so much for your cooperation!

### Office:

*Just a  
friendly  
reminder...*

### Staff Parking:

For safety reasons, **we ask that parents refrain for parking or dropping off students in the staff parking lot.** Thanks for working with us in keeping our students safe.

### Bus Zone:

Please refrain from parking in the bus zone where the orange pylons are.





**Reminder of Bell Times**

**Grade K-4**



Teachers will be on the playground to supervise by : 8:23

- 1st. Bell: 8:35am.
- Classes begin: 8:40 am.
- Recess: 10:15-10:30 am.
- Lunch: 12:03-12:43
- Classes Resume: 12:45
- Dismissal: 3:05pm.

Kindergarten AM. 8:40-11:22

Kindergarten PM. 12:21-3:05

**Please have your children at school with enough time to be at their desk and ready to learn by 8:40 am.**

**On the Horizon**

**Thursday, February 2nd.**

- ECS pizza party
- AM Class—11:00pm
- PM Class— 2:00pm

**Friday, February 10th.**

Grade 1 Arcade Building

**Tuesday, February 14th .**

- Family Skating at 2:00pm
- Friendship Day

**Wednesday, February 15th.**

Hot Lunch (Subway day)

**Thursday, February 16th.**

- Pinguino popcorn
- Grade 2 Readers Theatre at 2:00pm
- “100 Days of School”

**Friday, February 17th.**

Staff Learning & Planning (No School)

**Monday, February 20th.**

Family Day (No School)

**February 21-22**

Winter Break (No school)

**February 23-24**

Teachers’ Convention (No school)

**Tuesday, February 28th.**

- Birthday Celebration (February)
- Anti bullying day / Pink day
- Family Skating (Alternate date)
- Submission date line for the school logo contest.



**We would like to remind parents to call the school when your child will be absent.**

Thank you for helping us ensure the safety of our students.

Phone: 403-342-4434



**REMIND** is a communication tool that helps the school connect instantly with parents. It will be used to remind you of upcoming events such as assemblies, School Council dates, etc. To receive these reminders via text, text **@escuelapi** to **587-409-4485**. You can opt-out of messages at anytime by replying **unsubscribe@escuelapi**.

### Hot Lunch Day

#### Subway Day

Wednesday, February 15th.

#### Quiznos Day

Wednesday, March 1st.

#### Wok Box Day

Wednesday, March 15th.



#### Note:

For further orders, please send all forms & money separated from other school fees, to avoid confusion or late submission before the deadline.

Thank you

### Parent Council Special Events



Thursday, February 16th.

Pinguino popcorn, \$0.50 per bag.

All money that is raised will be put towards a Spirit Day for the kids at the end of the year!!!

Tuesday, February 14th.

Family skating at 2:00 p.m.

(Tuesday, February 28th.

Alternate date)



### Grade 2 Readers Theatre on February 16th.

The grade 2 students will be presenting their annual Readers theatre at 2:00pm at school gym.

Grade 2 R: La Caperucita Roja

Little Red Riding Hood

Grade 2 T: La Tortuga y la Liebre

The tortoise and the Hare



### Cold Weather Reminder

It's that time of the year when all children must be prepared for the cold weather.

Often our weather changes quickly, so make sure they bring heavier coats, toques, boots and mittens every day. The children are expected to go out side, where the supervisors are, unless the weather is extreme or falls below -20C.



## Literacy is the Foundation for Learning



### Reading A-Z

### Raz-Kids

These on-line resources, provided by the Foundation for Red Deer Public Schools, give amazing support for reading and writing that are individually tailored to students in grades three to eight. They improve literacy skills in students and support family involvement in reading at home.

Thank you to the Foundation for Red Deer Public Schools for providing Reading A-Z and RAZ - Kids to more than 170 classrooms in Red Deer Public Schools.

Thursday, February 16th

Happy★  
100<sup>th</sup>★  
Day of  
School★

## OPERATION EDUCATION FUNDRAISER

A co-operative fundraising initiative for schools, Operation Education partners local schools with Boston Pizza restaurants in your community to earn cash back. Staff, students and families can dine at any Northern Alberta Boston Pizza and help their school earn 5% cash back on the pre-tax total of submitted receipts.\*

1. Eat at Boston Pizza
2. Save your receipts
3. Submit your receipts to the designated school contact

It's as simple as eat, save, submit!

Contact your local Boston Pizza for more details.



\*Valid for registered schools at participating NAB Boston Pizza locations. Only original receipts are accepted.

 **Boston Pizza**

Anti-Bullying Day  
Tuesday, Febrero 28th.



### Dental Outreach of Red Deer (DOoR)



Free urgent dental treatment for children 5-18 years of age having difficulty accessing dental care. Services are provided at the Red Deer Johnstone Crossing Community Health Centre

For more information, please call 403-356-6302 and ask for the DOoR program

 **Alberta Health  
Services**



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## Feeding our Bodies with Nutritious Foods

Dear Parents,

The Escuela Pines Health Champion group would like you to take a few minutes of your time to look through the resource about healthy eating. The importance of meals that are packed with nutritious contents are vital for the growth of your child.

You will find the following resource:

1. A page about what snacks to choose every day, some days, and less often.

We hope this is a useful resource for you. We want to encourage more whole foods, fruits and vegetables in the lunches and snacks.

Sincerely Yours,

The Health Champion Team  
Escuela Pines School.

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**Anie Wells, Principal**

# Snacks for Children

Use this to help you choose snacks for children 4 years and older.



**Choose these healthy snacks every day.**

These snacks contain many nutrients.



fresh or frozen vegetables



fresh or frozen fruit



fruit cup in fruit juice or water



unsweetened applesauce



whole grain bread



whole grain crackers



whole grain naan, roti, pita



whole grain tortilla or wrap



whole grain cereal



hummus



eggs



nuts\*



nut butters\*  
peanut, almond, or soy



meat, chicken, or fish



white milk



cheese or cheese string



fortified plain soy beverage



plain yogurt

\*Some schools don't allow nuts or peanuts. These foods are healthy choices for children at home.

Offer children:



- water when they're thirsty
- skim, 1%, or 2% milk with meals
- vegetables and fruit instead of 100% juice



## Choose these snacks some days.

These snacks have some nutrients but have added sugar, salt, and/or fat.



flavoured fortified milk or soy beverage like chocolate, strawberry or vanilla



baked crackers



muffin



dried fruit and nut mix



fruit-flavoured yogurt



granola bar



## Choose these snacks less often.

These snacks are high in sugar, fat, and/or salt.



candy or fruit gummies



potato chips or fried snacks



instant dried noodles



cake



cookies



chocolate-coated snack bar



sports drink



pop



slush drink



fruit drink or punch



pudding or jello cup



ice cream